

**PRINCIPLES AND TECHNIQUES  
OF TRAINING IN  
STANDARDIZED FIELD SOBRIETY TESTING  
  
THE SFST INSTRUCTOR TRAINING SCHOOL**

**TEACHER-TRAINER'S MANUAL**

Sponsored by:

The National Highway Traffic Safety Administration

HS 181C R2/06

## FOREWORD

This document contains the lesson plans and visual aids for the 32-hour teaching training program for standardized field sobriety testing (SFST) instructors. The goal of this program is to prepare SFST trained officers who are proficient in using the SFSTs to teach others to use these tests. **The only officers eligible to attend this teacher training program are those who have:**

- o Satisfactorily completed SFST training, based on the NHTSA SFST curriculum or its equivalent;
- o Participated in two “live” volunteer drinking subject practice sessions (alcohol workshops) during which they personally administered the horizontal gaze nystagmus, walk and turn, and one-leg-stand test to persons who have consumed alcohol; or
- o Participated in one “live” volunteer drinking subject practice session (alcohol workshop) during which they personally administered the horizontal gaze nystagmus, walk and turn, and one-leg-stand test to persons who have consumed alcohol, and participated in one NHTSA/IACP approved video-taped session of drinking subjects; or
- o Participated in two NHTSA/IACP approved video-taped sessions of drinking subjects; and
- o Demonstrated continued proficiency with the SFSTs, either in actual enforcement operations or in alcohol workshops, or both, since the completion of their training.

The first two days of this school focus on basic principles and techniques of teaching, and on the specific application of those principles and techniques to the curriculum employed for classroom training in SFSTs. During those two days, the student-instructors become able to:

- o Explain adult learning principles and their importance in conducting effective training;
- o Identify and describe the three Domains of Learning, and give examples of each domain in the context of DWI enforcement;
- o Define and describe the four-step process of teaching and learning;

- o Discuss how to increase learning efficiency by involving learners more fully in the learning process;
- o Describe the documents that make up the standard curriculum packages for the SFST School;
- o Describe the content and format of the lesson plans for the SFST School;
- o Describe the characteristics of a good SFST instructor;
- o Carry out the instructor preparation tasks for any session of the SFST School;
- o Describe and apply specific guidelines for conducting each step of the four-step process of teaching and learning;
- o Use appropriate questioning techniques to enhance students' involvement in presentations;
- o Use visual aids to improve the effectiveness of presentations;
- o Plan and manage an alcohol workshop'
- o Administer the use of IACP/NHTSA approved video tapes for optional SFST training.

On the third and fourth days, the student-instructor will have opportunities to apply what they have learned. **They will teach selected portions of the SFST School.** The student-instructors will be told of their practice teaching assignments on the first day of the course, and they will have time in class on the first two days to begin preparing for the assignments.

**Optional training:** NHTSA/IACP's approved 8-hour overview of the DEC program, is offered on the fifth day of the instructor training school. This will include an overview of the procedures drug recognitions experts (DREs) use to evaluate persons suspected of impairment due to drugs other than alcohol; an overview of the DRE training sequence; and, information concerning prerequisites for persons interested in pursuing DRE training.

This Manual contains the lesson plans and associated visual aids to support the training that you will deliver on the first, second and fifth days of the course. The lesson plans are organized into eight units:

Unit One	Introduction and Overview (1 hour)
Unit Two	Concepts of Adult Learning and Training (2 hours)
Unit Three	The SFST Curriculum Package (2 hours)
Unit Four	Assignments for Practice Teaching (1 hour & 30 minutes)
Unit Five	Getting Ready for Teaching (1 hour & 15 minutes)
Unit Six	Techniques for Effective Classroom Presentations (3 hours)
Unit Seven	Guidelines for Planning and Managing a Live Alcohol Workshop (1 hour)
Unit Eight	Guidelines for Conducting Video Options for SFST Training (1 hour)
Unit Nine	Training Summary and Conclusion (1 hour & 30 minutes)

Who is qualified to teach this teacher-training school? Who can teach SFST instructors to teach? The SFST teacher-trainer is a person who:

- o is fully conversant with the principles and techniques of teaching, as expressed in Units Two, Five, Six and Seven of this course; and,
- o possesses solid competence as an instructor; and,
- o is familiar with the subject-matter of SFST training.

Usually, the SFST teacher-trainer is a well-experienced SFST instructor, who has helped teach several SFST Schools. **But in fact it is not absolutely essential that the SFST teacher-trainer be an SFST instructor, or even be a certified SFST practitioner.** The teacher-trainer, after all, is not attempting to show anyone how to use the SFSTs. The students already know how to do that. The teacher-trainer's task is to show them how to teach, and that is very different altogether. Many professional instructors, who have the ability to serve very well as SFST teacher-trainers do have to be knowledgeable about the tests and how they are used. NHTSA recommends that, at a minimum, the teacher-trainer must have audited the SFST School at least once, and must be fully conversant with the Student and Instructor Manual, but need not be a certified SFST practitioner (provided the other prerequisites are met).